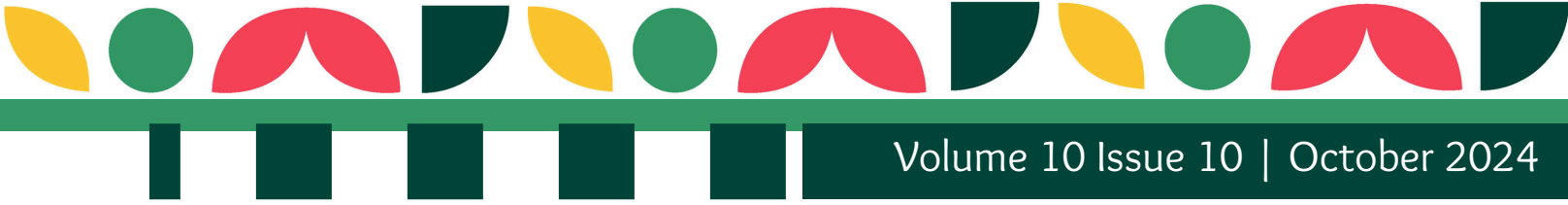




Hendricks County 4-H Clover Connection



Volume 10 Issue 10 | October 2024

Beyond Ready!

Welcome by Ashley Alexander - 4-H Educator

It is officially fall, and I am so excited to announce that 4Honline is OPEN for your enrollment! I am so excited to have you all back in our program for the 2024-2025 program year! This year's 4-H theme is "Beyond Ready", and I am Beyond Ready for a great year!

I want to invite everyone to our 4-H Open House on Sunday, November 10th from 3 p.m. to 5 p.m. at the Hendricks County 4-H Fairgrounds. Come and see what you can do for the 2025 Fair, and meet new people. If you have friends or family that are not currently involved in 4-H, bring them along too! 4-H is for everyone from grades 1-12, and we want YOU to be a part of our great program!

October begins our Healthy Habits Challenge! Now through May, you can complete 6 of 8 challenges and get FREE 4-H Swag! It is so easy and you can all do it! I have all the faith in you! Watch our Social Media for more details and the start of the Healthy Habits Challenge.

I am Beyond Ready for this program year, and you should be too!



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Extension Office Info

The Office will be closed
Monday, October 14th in
observance of Columbus
Day

Contact Us

Purdue Extension — Hendricks County
1900 E. Main St. P.O. Box 7
Danville, IN 46122
317-745-9260
hendrces@purdue.edu
Open 8 a.m.—4 p.m.
Monday—Friday
<https://hendricksco4h.com/HCGS>
<https://v2.4honline.com>



4-H Opportunities

Jr. Leaders

**Junior
Leaders**
INDIANA 4-H



The Jr. Leader Kick Off will be on:
Tuesday, October 8th at 6 p.m. at
Washington Township Park in Avon.
We will be in the Eagle Shelter.

The address is 115 S County Rd. 575
E, Avon IN 46123

Hot dogs, buns and plates will be
provided. Please click the link if you'd
like to volunteer to bring chips,
S'mores supplies, or drinks.



Jr. Leader Officer Applications OPEN!

If you are interested in becoming a
Jr. Leader officer, now is your time!
To be an officer, you must be in Jr.
Leaders for at least 1 year. You
must also fill out an application
and tell us why you would like to
have that officer position. You can
find the application here:

<https://hendricksco4h.com/25JrLeaderOfficerApp>

Applications are due on Friday,
October 4th at 4 p.m. Voting will
take place at the Kick Off!

If you have questions, please call
the Extension Office at
317-745-9260

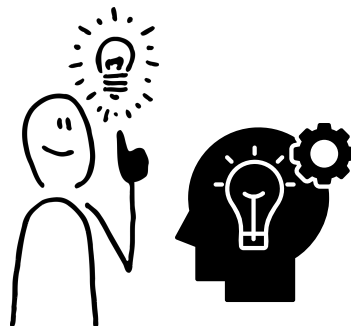
New Project Ideas

Do you have a new idea for a 4-H project??

Follow the QR code or bit.ly link below to
find out how to suggest NEW projects.
YOUR interests are important to 4-H!



SCAN ME



<https://hendricksco4h.com/NewProject>

Poinsettia Sales

Holiday Poinsettia Sales are BACK!

The color options available
are **Red, White, Pink, Ice
Crystal, and Shimmer
Surprise**. Proceeds will go
to the Hendricks County
4-H Program to sponsor
educational programs,
activities, trips, and more!!



Orders are due: **October 23th**

Tentative pick up: **TBD**

Payment is due at the time of pick up.

See attached flyer for more information.

4-H Information

4-H Open Enrollment

**4-H Enrollment is NOW
OPEN for the 2024-2025
year!!**

Youth and adult volunteers are now able to re-enroll in 4-H Online (<https://v2.4honline.com>).

Please use your current log-in information to re-enroll for this year.

Reach out to the Extension Office if you need assistance of any kind!



Club and Project Leaders Needed!

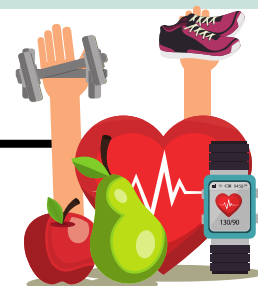


Are you interested in helping with a 4-H Club or leading 4-H project workshops throughout the year? We have numerous clubs and projects that need additional adult volunteer help! Needs range from club leaders to co-leaders to extra sets of hands to help with meetings and workshops. Contact the Extension Office for more information!

Healthy Habits Challenge

Join us starting in October for the 4-H Healthy Habits Challenge! You will receive one task per month to accomplish. This can range from drinking more water to getting more sleep!

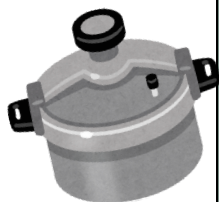
Find your scorecard on page 9 and fill out the Google Form: <https://hendricksco4h.com/HealthyHabitsChallenge> to be eligible for some free 4-H Swag and be entered for a gift card to a local store (more details to come).



October's challenge: Take a 30 Minute Walk 10 times this month.

It's easy to do, you can go at your own pace, listen to music, an audiobook or a podcast, be outdoors (or on a treadmill watching television), or with a friend.





Pressure Canner Testing

Canning season is over which means it is a perfect timing for maintenance testing for your Presto canner. Amanda can conduct that testing here in the office. The cost is \$5 and we request that you give us at least 1 business day to get the tests completed. Contact the Extension Office with any questions.

Pressure cookers cannot be tested. Just canners!

Dining with Diabetes

Session 2

January 8th, 15th, 22nd, 29th
Hendricks County 4-H Fairgrounds



To add yourself to an interest list, call Purdue Extension at (317)745-9260 or email hendrces@purdue.edu. Serious inquiries with Type 2, pre-diabetes, or those caring for only as class becomes full quickly!

For the Swifties..

Taylor Swift's fall Chai Sugar Cookies



- 1/2 cup unsalted butter
- 1/2 cup vegetable oil
- 1/2 cup granulated sugar
- 1/2 cup powdered sugar
- 1 large egg
- 2 teaspoons vanilla
- 2 cups All Purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 chai teabag (contents only)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon allspice (optional)

Icing

- 1 cup powdered sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 3-4 tablespoons milk or cream
- 1 tablespoon butter melted

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper
2. In a large bowl, cream together butter, vegetable oil, granulated sugar, and powdered sugar until smooth.
3. Beat in the egg and vanilla extract
4. In a separate bowl, whisk together the flour, baking soda, salt, and spices.
5. Gradually add the dry ingredients into the wet mixture, mixing just until combined. Do not overmix.
6. Scoop out about 1-2 tablespoons of dough and roll each into a ball. Place them on the prepared baking sheet, leaving space between each one as they will spread.
7. Bake in preheated oven for 8-12 minutes or until edges are slightly golden.
8. Let the cookies cool for a few minutes before moving to a wire rack to cool.
9. Combine all ingredients for icing and spread a thin layer on each cookie.
10. Enjoy!

Maximizing the Value of Fallen Leaves



As summer draws to a close, the landscape transforms as leaves begin to fall. Many leaves are discarded or burned, but have you considered transforming this excess foliage into a valuable nutrient resource?

One effective approach is to mow over the leaves, allowing them to break down and return essential nutrients to the soil. However, if you find yourself with an abundance of leaves, there are additional options worth exploring. Shredding leaves can create a natural mulch, enriching your gardens, trees, and landscape while providing insulation for cold-sensitive plants during winter months. One of the most beneficial uses for excess leaves is composting. Composting involves the decomposition of organic matter, including leaves and plant material, into nutrient-rich soil amendments that enhance plant growth. Compost improves both nutrient availability and water retention in the soil.

To create an effective composting system, consider establishing a compost bin and combining high-nitrogen materials, such as grass clippings, with carbon-rich materials like shredded leaves. However, it's crucial to avoid incorporating diseased plant material, as this can hinder the composting process.

Utilizing a trial-and-error approach to composting can yield significant benefits for your landscape throughout the year. By rethinking how you handle fallen leaves, you can enhance the health and vitality of your outdoor spaces.

Diversified Farming and Food Systems



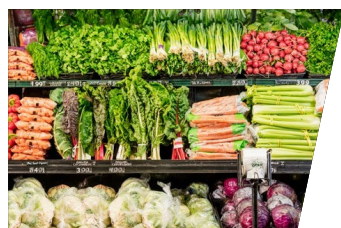
Market Ready Producer Training



Dec. 13, 2024 • 9:30 a.m.-2 p.m.
Hendricks County Fairgrounds
1900 E. Main St. • Danville, Indiana
Lunch will be included.

Cost: \$50

Market Ready is a program that helps local food producers prepare for selling to wholesale markets. The program focuses on business skills needed to meet the expectations of potential buyers. Producers will learn about product quality, food safety, insurance/managing risks, marketing and more. The program will include a panel of wholesale buyers.



Secure your spot today! Registration is limited to the first 30 participants. <https://puext.in/MarketReadyReg>



Contact us for additional information, including requests for reasonable accommodations:

Amy Thompson afthompson@purdue.edu or
Sarah Hanson sspeedy@purdue.edu



Subscribe to our Diversified Farming and Food Systems newsletter to find out about other programs that support small farms in Indiana
puext.in/DFFS_Newsletter



Kentucky Extension created the materials for the program and will lead this training session. Purdue Extension will co-host the event and will lead future trainings.

This program is supported by:



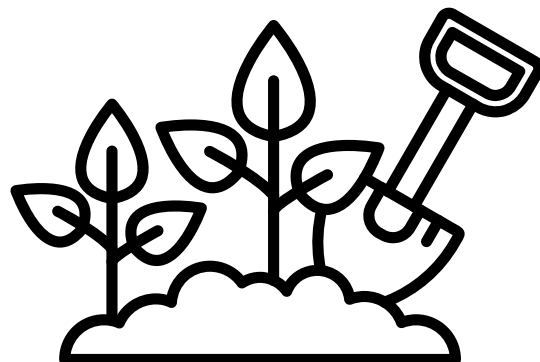
Extension

PURDUE EXTENSION
MASTER GARDENER PROGRAM

Interested in joining the next Master Gardener class?

Our next Master Gardener Basic Training Class will be starting in early 2025, and we welcome anyone with a passion for plants and a love for educating others on the topic to inquire!

Follow this link: <https://bit.ly/purduemastergardeners> to explore more about Purdue Extension Master Gardener classes and additional opportunities! If you are interested in taking the Master Gardener Basic Training Class at Hendricks County, please contact our office to be placed on an interest list.



E A/EU

Calendar of Events

18th Annual Bundle Up Hendricks County Coat Giveaway



Saturday, Oct. 19th 10 am - 2 pm

Small Animal Barn @ Hendricks County Fairgrounds

Wear a costume and enjoy indoor
trick or treating!

Donations accepted until 10/13/24

Find donation locations at:

www.bundleuphendrickscounty.org



Held in partnership with:

- Plainfield Federation of Churches
- Plainfield Optimist Club
- Just Be Kind Club
- Prevent Child Abuse Hendricks Co.
- Hendricks Co. 4-H Fairground & Conference Center

Information on the Energy Asst. Program

Blessing Box

We are looking for clubs and groups to help us stock our box. You can bring **NON-PERISHABLE FOOD OR TOILETRY ITEMS AT ANY TIME!** If the blessing box is full, please bring your items into the Extension Office and we will fill the box at a later time.



We appreciate and thank each and every person, family, club, or group that has donated to our Blessing Box!!

October and November Dates



October 7 - 4-H Fairboard Meeting; Fairgrounds @ 7 p.m.

October 8- Jr. Leader Kick Off Meeting; Fairgrounds @ 6 p.m.

October 14 - OFFICE CLOSED IN OBSERVANCE OF COLOMBUS DAY

October 28 - Youth Council Meeting; Fairgrounds @ 7 p.m.

November 4 - 4-H Fairboard meeting; Fairgrounds @ 7 p.m.

November 5 - OFFICE CLOSED IN OBSERVANCE OF ELECTION DAY

November 11- OFFICE CLOSED IN OBSERVANCE OF VETERANS DAY

November 25 - Youth Council Meeting; Fairgrounds @ 7 p.m.

November 28-29 - OFFICE CLOSED IN OBSERVANCE OF THANKSGIVING

4-H Youth Council

October 28th
at 7 p.m.



4-H Adult Leaders

Stay Tuned for a
Future Date!



4-H Fairboard

October 7th
7p.m.
Fairgrounds





WHITE



RED



PINK

POINSETTIA SALE



SUPPORT THE HENDRICKS COUNTY 4-H PROGRAM THROUGH THE 4-H YOUTH COUNCIL'S POINSETTIA SALES! PROCEEDS WILL SPONSOR 4-H EDUCATIONAL PROGRAMS, ACTIVITIES, TRIPS, AND MORE!

Color options available are:

RED, WHITE, PINK, ICE CRYSTAL (Faded Red with Pink Center), AND SHIMMER SURPRISE (Red with White Specks)

ORDERS ARE DUE BY OCTOBER 23rd

Tentative pickup date: November 25th at the Fairgrounds
Conference Center from 10am-4pm or 6-7pm

ICE CRYSTAL



**\$10 PER POINSETTIA
OR
\$60 PER CASE OF 6**

SHIMMER SURPRISE



You can place your order several ways:

- Email the required order information to: hendrces@purdue.edu
- Mail or drop off the order form to the Extension Office
(1900 E Main St., PO Box 7, Danville, IN 46122)
- Place your order online via Google forms:
- <https://hendricksco4h.com/poinsettiaorders2024>
- Call the office at 317-745-9260 to place an order
M-F 8am-4pm

Payment will be collected when you pick up order
by cash or check ONLY.

Please make checks payable to:

HENDRICKS COUNTY 4-H YOUTH COUNCIL

***4-H Clubs that sell poinsettias
will also receive 10% of club sales!*

PURDUE EXTENSION – HENDRICKS COUNTY

POST OFFICE BOX #7

DANVILLE, IN 46122-0007

OFFICE: 317-745-9260 EMAIL: HENDRCES@PURDUE.EDU

PURDUE UNIVERSITY, INDIANA COUNTIES AND U.S. DEPARTMENT OF AGRICULTURE COOPERATIVES

PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE IS AN EQUAL ACCESS/EQUAL OPPORTUNITY INSTITUTION. 9/2023



HENDRICKS COUNTY 4-H OPEN HOUSE

Sunday, November 10
3-5 p.m.



**FREE
EVENT!**



WHO

Mini 4-H: Youth in grades 1-2

Regular 4-H: Youth in grades 3-12

***Also looking for additional adult volunteers!*



WHERE

Hendricks County 4-H Fairgrounds
1900 E Main St, Danville, IN 46122

WHAT TO EXPECT

- More than 60 projects to explore
- Talk to 4-H Leaders
- Enroll in Hendricks County 4-H
- Purchase your project manuals
- Free **Snacks**
- Free **Family Activities and Games**
- **Prizes** for everyone

LEARN MORE ABOUT 4-H



CALL US FOR MORE INFO



317-745-9260



hendrces@purdue.edu



<https://hendricksco4h.com/googlesite>





Healthy Habits Challenge 2024-2025



It takes 21 days to create a new habit, let's make it a healthy habit!
Participate in 6 of the 8 challenges and win some 4-H Swag!



October 2024

Take a 30 Minute Walk

It's easy to do, you can go at your own pace, listen to music, an audiobook or a podcast, be outdoors (or on a treadmill watching television), or with a friend.



November 2024

Set priorities for your day.

Each morning, decide on the top 3-5 things you want to accomplish. Write it down and spend a minute or two reflecting on how you want your day to unfold.

December 2024

Increase your water intake!

Whether it's 8 glasses a day or half your body weight in ounces, water gives us energy, flushes out toxins, and promotes weight loss.



January 2025

Set your New Year's resolutions!

This may seem like an easy task, but let's start the year out right with a healthy habit resolution!



February 2025

Bring your lunch to work or school!

Save money and eat healthier by packing your lunch!



March 2025

Sleep for 8-9 hours every night.

Make it a priority to either go to bed earlier (or wake up later) every day and give your body the rest it deserves

April 2025

No soda

Soda is a stimulant. It is also addictive. And made up of all sorts of artificial things which means that it has zero nutritional value. Swap the soda for water!

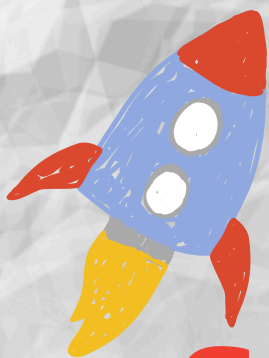


May 2025

Say affirmations

Affirming the things we want for ourselves, out loud, with meaning and with intention feels awkward, but it has some powerful effects on our subconscious minds.





2025 4-H Handbook Cover Contest



CONTEST RULES

- We want to see your best artistic skills using paper or create a computer design
- Keep your design 8" x 10"
- Design must include "Hendricks County 4-H Handbook", "2025", and the 4-H Clover (we will insert the official clover if that is not used in the original design)



SUBMIT YOUR DESIGN

BY WEDNESDAY, NOVEMBER 6TH

To the Extension Office via
email at
weiss61@purdue.edu

Purdue University is an equal access/equal opportunity university.

Need any Ribbon?!

A community member reached out stating that she has a large amount of ribbon she'd love to share for 4-H craft projects. If you are interested, please reach out to the Extension Office so we can get you connected with her!





HOLIDAY FEST



Friday, December 6, 2024

9:00 a.m. – 3:00 p.m.

Hendricks County Conference Center
4-H Fairgrounds

Hendricks Power Expo Hall-new location this year
1900 East Main Street
Danville, IN 46122

FREE ADMISSION

Cookie Walk

Homemade cookies for sale.

Sales begin at 9:00 a.m.

Craft Booths and Entertainment

Select unique holiday gifts from many vendors.

Enjoy holiday music from the Homemaker's Chorus.

Lunch Served 11a.m. – 1p.m.

Chicken and Noodles are back.

For more information contact the Extension Office at 317-745-9260.

Sponsored by

**Hendricks County Extension Homemakers and
Hendricks Power Cooperative**



Your Touchstone Energy® Partner 